

WORKSHOP: ARTICULATING YOUR INTERNATIONAL EXPERIENCE

One of our affiliated partners, CEA CAPA, will be coming to campus in February to offer a workshop for students who have studied abroad. The workshop, *Articulating Your International Experience*, will discuss how to effectively add your international experiences to your resume, and how to speak about them in interviews and in other professional settings. The workshop will be held **Tuesday, February 13th, from 12:10-1:05 pm in Textor 103**. *Open to all returned study abroad students, regardless of whether they have participated in a CEA CAPA program or not. Pizza will be provided!*

HOW TO KEEP YOUR INTERNATIONAL EXPERIENCES ALIVE

- Become a **Study Abroad Ambassador**. Ambassadors are returned study abroad students who are involved in helping with peer advising about international programs, information sessions, orientations, pre-departure gatherings, and other events that promote study abroad on campus. Serving as an ambassador requires only a minimal time commitment, but it will allow you talk about your experiences with an interested audience and encourage others to study abroad. You'll receive an email from Rachel about how you can get involved.
- Join the **International Club**. The club sponsors social and cultural events for international students as well as U.S.-based students. Contact jss@ithaca.edu for more information.
- Follow us on [Instagram](#) and [Facebook](#) for updates about things international on campus and in the community, and opportunities to get involved in helping encourage other students to go abroad. **If you're interested helping us with our social media presence**, contact our student worker [Kai Moore](#) (London F'22), who currently manages our accounts.
- Volunteer to be a **U.S. Buddy** to an international student. Help a new student adjust to life in the U.S. and at IC. Contact Diana Dimitrova, Director of International Student & Scholar Services, at ddimitrova@ithaca.edu
- Take classes that are relevant to the country in which you studied at IC or at Cornell. Attend events on campus, at Cornell and in the community that are related to the that country or just international in scope.
- Make plans to study abroad again, or to work, volunteer or travel abroad. Let us know if we can help you plan for your next international adventure!

RECEIVING CREDIT FOR STUDY ABROAD

Study Abroad Transcripts

In order to award credit for study abroad coursework (this includes work done on affiliated, non-affiliated and exchange programs), the Office of the Registrar at Ithaca College must receive an **official final transcript** from your study abroad program. If you attended an exchange or affiliated program OR accepted any federal or state financial aid for a non-affiliated program, you are required to submit your transcript to Ithaca College within one semester of your time abroad.

Most programs will send your transcript automatically, but it may take some time to arrive. Foreign universities and study abroad programs often take several months to process and send an official transcript to Ithaca College. To expedite the process, confirm with your study abroad program that you have taken the necessary steps to have your final transcript sent to the Office of the Registrar, ATT: Holley Westbrook, Ithaca College, 953 Danby Rd., Ithaca, NY 14850-7150, USA. If your program provides an electronic transcript, it can be sent to the attention of Holley Westbrook at registrar@ithaca.edu.

Transfer Credit

AFFILIATED and EXCHANGE PROGRAMS: [This document](#) provides all the information you'll need about transferring in coursework from your affiliated or exchange study abroad program. You may have submitted course approval forms before you went abroad, but you can continue to submit forms for anything still needing approval until the end of this semester. We recommend doing so before early March to make sure your study abroad credits are counted in your earned credit total for Fall 2024 registration.

Remember that all coursework taken with IC Affiliated and Exchange programs is guaranteed to automatically transfer back to Ithaca College as non-designated elective credit. If you wish to use study abroad coursework to fulfill major/minor requirements, ICCs, major/minor specific electives, liberal arts electives, or other types of specific degree requirements, these courses must be approved by the chairperson of the relevant department on a [Study Abroad Course Approval form](#).

NON-AFFILIATED PROGRAMS: [This document](#) provides all the information you'll need about transferring in coursework taken on a non-affiliated study abroad program. You may have submitted course approval forms before you went abroad,

but you can continue to submit forms for anything still needing approval until the end of this semester. We recommend doing so before early October to make sure your study abroad credits are counted in your earned credit total for Spring 2024 registration.

Remember that all coursework taken on a non-affiliated program must be approved by submitting a [Study Abroad Course Approval form](#) for each course taken abroad, regardless of what type of academic requirement you plan to fulfill with that course.

Questions & Concerns

If you have questions or concerns regarding your study abroad transcript or transfer credit, ask OIP for help. Stop by the Office of International Programs, call 274-3306 or email us at studyabroad@ithaca.edu. Your study abroad program or the Office of the Register may be able to help, too.

REVERSE CULTURE SHOCK

You likely had mixed feelings about leaving your host country and returning to the USA. While most of you have now been home for a while and have had time to readjust, returning to Ithaca may cause some of those feelings to resurface. Most people expect to have a period of adjustment when they travel to another culture, but not when they come home. After a semester of traveling to foreign countries, visiting historically and culturally significant sites and trying interesting new foods, it will probably take some time to readjust to life at IC.

Back in Ithaca

After a semester of adventures in other countries, returning to old friends and routines may seem dull. It is natural to miss the excitement and challenges that are associated with study abroad. Challenge yourself academically by taking classes that allow you to pursue interests you developed overseas. Make an effort to spend time with other people who can relate to your experiences. Gradually, you'll find balance between your life at IC and your new international interests.

Feeling homesick for another country

While you were abroad you may have felt homesick for your family or friends or familiar places in the USA. After spending a substantial amount of time in another country, it is common to miss the people, places, customs and lifestyles that became familiar while you were abroad. In order to alleviate these feelings, brainstorm ways to go abroad again, keep up with current events in your host country and keep your international interests alive at IC.

People aren't interested

You are probably full of enthusiasm about your time abroad and want to share your experiences with those close to you. However, your friends and family may not seem interested in hearing all the details about your adventures. Remember that their lives did not stop while you were away, so they may have a lot to share with you, too. Get to know some people who have had a similar overseas experience, and keep in touch with friends from your study abroad program who can understand your experiences and reminisce with you.

Renegotiating relationships

Following a long period away in another country, people often need to renegotiate relationships and adjust to being together again. Study abroad will have altered some of your ideas and attitudes, and the people at home may have a difficult time understanding and appreciating your new perspectives. Expect that your relationships with relatives and old friends will be different. Be flexible and open as you develop "new" relationships with them.

Changes

Integrating the knowledge you have gained of yourself and the world into your lifestyle in the USA may be a challenge. If you experienced significant personal growth while you were away, it may be difficult to fit into the life you led before you went abroad. It is common to feel frustrated because opportunities to apply recently acquired social and linguistic skills are limited. Be creative, be patient and use cross cultural adjustment skills to help you through the re-entry process.

International Experiences

Hopefully, your study abroad experience will be the first of many international adventures you will enjoy during your lifetime. You can continually build on the skills and interests you developed overseas, and keep your international experiences alive while you are in the USA.